

Team Building Exercises – or – just take a motivational break

Communication (by Pam Headridge) is one of the best keys to team unity. Part of communicating is getting to know your teammates, their opinions, concerns and aspirations for the team. Here is a great list of topics to use for learning about each other. Sit in a circle and have a leader ask a question. Allow each team member to answer the question until everyone has participated. Then continue with the next question. Here are some examples:

Veteran members: What past team member did you most respect and why?

New team members: What do you think your most important job is as a team member?

What are one or two words your co-workers use to describe how you function together as a team? What words do you want them to use? What do you think you will remember about your team 10 years from now?

Veteran members: What one piece of advice would you give to the new members if they want to have the most positive team experience?



New members: What help or encouragement do you need from the veterans to be a successful team member? What one thing can you do consistently to show your dedication to the team?

Build a mock house. Set up two or more teams. Provide all the necessary materials; use your vision; be creative, e.g., popsicle sticks or pencils, paper clips, gum, glue, tape, paper, plastic, carpet, etc. Place all the materials on a table and have each team select the items they need to build the house. Allow 20 minutes to complete the house. Determine which completed house can withstand water damage by using a contained “water bucket dump” environment. You could also apply wind resistance utilizing an item designed like “the big bad wolf”; create your own disaster. When completed discuss how each member worked and participated in the team.

Celebrate: Provide the winners with a “huge” gold Star. Hang it from the ceiling for all to see. Ask the members of the winning team to pass it to each team member until all team members have had the Star.

Trivia Pursuit. Put two teams together. **Utilize** words and programs from your daily staff and office work. Pursue the words for at least 20 minutes. At the completion, have a discussion with the group on how the support of other team members allowed them to win or not win and how that same type of interaction applies to their work life. **Celebrate:** Give candy bars; keep it sweet and simple.
